

For more information, contact your local county Extension office or the Parent Resource Center in your area.

Parent Resource Centers

Parent Resource Center

110 Broadway W., Suite 202
Williston, ND 58801
Phone: (701) 774-6335

Williams County Extension Service
205 Broadway E., Box 1109
Williston, ND 58802-1109
Phone: (701) 577-4590 or 577-4595

NDSU Extension /Central Dakota Parent Resource Center

Ward County Extension Office
Courthouse, Room 101, Box 5005
Minot, ND 58702-5005
Phone: (701) 857-6450

Region III Family Resource Center

Jigsaw Junction
115 5th Ave. N.E.
Devils Lake, ND 58301
Phone: (701) 662-7529

Ramsey County Extension Service
524 4th Ave. N.E. #5
Devils Lake, ND 58301
Phone: (701) 662-7027

NDSU Extension/Parent Information Center

3351 17th Ave. S.
Grand Forks, ND 58201
Phone: (701) 780-8229

Grand Forks Co. Extension Service
151 4th St. S., Suite 302
Grand Forks, ND 58201
Phone: (701) 780-8229

NDSU Extension/Region V Parenting Resources Center

Cass County Extension Service
1010 2nd Ave. S., Box 2806
Fargo, ND 58108-2806
Phone: (701) 241-5700

Barnes-Stutsman Parenting Resource Center

Barnes Co. Extension Service
230 4th St. N.W., #204
Valley City, ND 58072
Phone: (701) 845-6652

Stutsman Co. Extension Service
116½ 1st St. E.
Jamestown, ND 58401
Phone: (701) 252-9030

NDSU Extension/Region VII Parenting Resource Center

Morton County Extension Service
210 2nd Ave. N.W.
Mandan, ND 58554
Phone: (701) 667-3342 or 667-3340

West Dakota Parent and Family Resource Center

336 5th St. W.
Dickinson, ND 58601
Phone: (701) 456-0007
Toll-free: (877) 264-1142

Stark/Billings Co. Extension Office
1340 Villard St. W.
Dickinson, ND 58601-4646
Phone: (701) 456-7665



**PARENTS
FOREVER™**

EDUCATION FOR FAMILIES
IN DIVORCE TRANSITION

How can I help divorcing parents avoid putting their children in the middle of all the stress?

LAWYERS

What can the court do to reduce the negative impacts on children facing a divorce in the family?

JUDGES

NDSU
Extension Service
North Dakota State University

curriculum
developed by

UNIVERSITY OF MINNESOTA
EXTENSION

Parents Forever is a new curriculum for North Dakota as of Fall 2007.

❖ The objectives of Parents Forever are to help parents:

- ◆ put the best interests of their children first
- ◆ understand the need for children to have access to both parents
- ◆ learn the importance of avoiding conflict in front of the children
- ◆ learn how to avoid putting the children in the middle

❖ Parents Forever evaluations show that:

- ◆ parents are very positive about their experience with Parents Forever
- ◆ parents report progress on each objective
- ◆ parents are more positive than expected about having attended a court-ordered class
- ◆ parents should attend as early as possible in the divorce process
- ◆ parents identify specific skills and strategies they can use
- ◆ judges report an increase in parental agreement at the final hearing
- ◆ attorneys report less time is needed in mediation and mediators report spending less time teaching parent/communication skills and more on mediating issues

The evaluation report is available upon request.

PARENTS FOREVER

is a research-based educational program designed to help parents through the process of making informed, child-supportive decisions during separation and divorce, resulting in healthy children and positive parent-child relationships.

❖ Participant quotes

"I really think before I speak now. I wish I would have had the class earlier in my divorce."

"I think this was really a great and practical class. I was dreading it because I thought I'd be overwhelmed with guilt. I appreciated the hope that was portrayed in the presentation and positive attitude that was presented with important ideas."

"Be careful about the messages you send your kids about the ex-spouse, money, etc. Kids should not have to deal with our problems."

"How to keep our children out of the middle and learning their developmental stages (in relation to) the effects of the divorce."

"I had reaffirmation that my ex-husband and I are doing the right things for our son. I learned some things regarding effects this has on a child at his age."

Contact your local office of the NDSU Extension Service or a Parent Resource Center listed on the back of this brochure for current course offerings.



Who should attend Parents Forever classes?

- ◆ Parents experiencing a family transition of separation/divorce
- ◆ Parents considering separation/divorce who would like to learn more about the impacts on their family
- ◆ Parents who are divorced and experiencing challenges with co-parenting
- ◆ Parents who have never been married and do not live together, but have challenges co-parenting

\$55 fee for four-hour course

Certificates will be distributed upon completion.

Class Outline

◆ Impact of Divorce on Adults

◆ Impact of Divorce on Children

This course targets:

- how divorce affects developmental needs and age-related behaviors of children and youth
- children's grief cycle
- recognizing your parenting style
- strengthening communication skills between parents
- tools for developing a parallel parenting plan

◆ Pathways to a New Life

Why should parents attend?

Fewer than half of America's children can expect to live their childhood with their biological parents due to divorce or their parents never being married. Research shows that on average, these children:

- ◆ get sick more often
- ◆ get in trouble more often
- ◆ get lower grades at school
- ◆ have more trouble making friends

When parents cannot work constructively through custody, child support and other difficult divorce issues, the pain for both parents and children endures long after the divorce is final.

Parents Forever participants learn how to make informed, child-supportive decisions so children will come through divorce having a positive relationship with both parents.

Parents Forever is a comprehensive educational program that puts parents on the path to minimizing stress for themselves and their children.

For more information, contact your local county Extension office or the Parent Resource Center in your area.

NDSU Extension Service

Adams County

Hettinger Research Extension Center
Box 1100, Hettinger, ND 58639-1100
(701) 567-2735

Barnes County

Courthouse, 230 4th St. N.W., Rm. 204
Valley City, ND 58072-2947
(701) 845-8528

Benson County

Courthouse, Box 205
Minnewaukan, ND 58351-0205
(701) 473-5363

Bottineau County

Courthouse, 314 5th St. W.
Bottineau, ND 58318-1272
(701) 228-2253

Bowman County

104 1st St. N.W., Suite 7
Bowman, ND 58623
(701) 523-5271

Burke County

Courthouse, Box 280
Bowbells, ND 58721-0280
(701) 377-2927

Burleigh County

3715 Bismarck Expressway E.
Bismarck, ND 58501
(701) 221-6865

Cass County

1010 2nd Ave. S., Box 2806
Fargo, ND 58108-2806
(701) 241-5700

Cavalier County

Courthouse, 901 3rd St., Ste. 7
Langdon, ND 58249-2457
(701) 256-2955

Dickey County

Courthouse, Box 40
Ellendale, ND 58436-0040
(701) 349-3249, ext. 2

Divide County

Box 150, Crosby, ND 58730-0150
(701) 965-6501

Dunn County

Box 420, Killdeer, ND 58640
(701) 764-5593

Eddy County

205 3rd St. S.E.
New Rockford, ND 58356-1957
(701) 947-2454

Emmons County

Courthouse, Box 278
Linton, ND 58552-0278
(701) 254-4811

Fort Berthold

Box 459
New Town, ND 58763-0459
(701) 627-3446

Foster County

Courthouse, Box 80
Carrington, ND 58421-0080
(701) 652-2581

Golden Valley County

53 Central Ave. S., Box 68
Beach, ND 58621-0068
(701) 872-4332

Grand Forks County

151 4th St. S., S302
Grand Forks, ND 58201-4715
(701) 780-8229

Grant County

Courthouse, Box 137
Carson, ND 58529-0137
(701) 622-3470

Griggs County

Courthouse, Box 70
Cooperstown, ND 58425-0070
(701) 797-3312

Hettinger County

Courthouse, Box 608
Mott, ND 58646-0608
(701) 824-2095

Kidder County

Courthouse, Box 110
Steele, ND 58482-0110
(701) 475-2632, ext. 9227

LaMoure County

Courthouse, Box 37
LaMoure, ND 58458-0037
(701) 883-5301, ext. 210

Logan County

301 Broadway
Napoleon, ND 58561-9999
(701) 754-2504

McHenry County

314 Main St. #1
Towner, ND 58788-0118
(701) 537-5405

McIntosh County

Box 200, Ashley, ND 58413-0200
(701) 288-3465

McKenzie County

Courthouse, Box 525
Watford City, ND 58854-0525
(701) 444-3451

McLean County

Courthouse, Box 1108
Washburn, ND 58577-1108
(701) 462-8541, ext. 206

Mercer County

1400 Highway 49 N., #103
Beulah, ND 58523-6066
(701) 873-5195

Morton County

210 2nd Ave. N.W.
Mandan, ND 58554-3158
(701) 667-3340

Mountrail County

Box 40, Stanley, ND 58784-0040
(701) 628-2835

Nelson County

210 B Ave. W., Ste. 101
Lakota, ND 58344-7410
(701) 247-2521

Oliver County

Courthouse, Box 166
Center, ND 58530-0166
(701) 794-8748

Pembina County

301 Dakota St. W. #7
Cavalier, ND 58220-4111
(701) 265-8411

Pierce County

Courthouse, 240 2nd St. S.E.
Rugby, ND 58368-1898
(701) 776-6234

Ramsey County

Courthouse, 524 4th Ave. N.E. #5
Devils Lake, ND 58301-2486
(701) 662-7027

Ransom County

P.O. Box 950, 204 5th Ave. W.
Lisbon, ND 58054-0950
(701) 683-5823, ext. 128

Renville County

Courthouse, Box 487
Mohall, ND 58761-0487
(701) 756-6392

Richland County

Courthouse, 418 2nd Ave. N.
Wahpeton, ND 58075-4400
(701) 642-7793

Rolette County

Courthouse, Box 430
Rolla, ND 58367-0430
(701) 477-5671

Sargent County

355 Main St., Suite 5
Forman, ND 58032
(701) 724-3355 ext. 5

Sheridan County

Courthouse, Box 439
McClusky, ND 58463-0439
(701) 363-2242

Sioux County

313 Beldon St., Box 462
Fort Yates, ND 58538-0462
(701) 854-3412

Slope County

Courthouse, Box KK
Amidon, ND 58620-0446
(701) 879-6270

Stark/Billings County

1340 Villard W.
Dickinson, ND 58601-4646
(701) 456-7665

Steele County

Box 316, Finley, ND 58230-0316
(701) 524-2253

Stutsman County

116½ 1st St. E.
Jamestown, ND 58401-4253
(701) 252-9030

Towner County

Memorial Building, 404 5th Ave.
Box 547, Cando, ND 58324-0547
(701) 968-4364

Traill County

Courthouse, Box 730
Hillsboro, ND 58045-0730
(701) 636-5665

Walsh County

Walsh County Extension Building
101 County Road 12B
Park River, ND 58270-4131
(701) 284-6624

Ward County

Courthouse, Room 101, Box 5005
Minot, ND 58702-5005
(701) 857-6444

Wells County

P.O. Box 287
Fessenden, ND 58438-0287
(701) 547-3341

Williams County

Courthouse, 205 Broadway E.
Box 1109, Williston, ND 58802-1109
(701) 577-4595